



NC Department of Health and Human Services
NC Division of Services for the Deaf and
Hard of Hearing

Protect Your Hearing Month

**Facts About Protecting Your Hearing and
the Importance of Hearing Screening**

October 2020

Ways To Prevent Hearing Loss

When in Loud Environment

- Use earplugs/ hearing protection
- Move to a different location or move farther away

Headphone Use

- Avoid using high volume
 - If others can hear sound or volume, it is too loud
- Take breaks frequently



Experiencing Ear Pain or Hearing Loss After Activity

- Who can help:
 - Ear, Nose, and Throat doctor (ENT)
 - Audiologist
 - Primary Care Practitioner

When Taking Medications

- Ask practitioner or pharmacist if the medication causes hearing loss

Take steps to guard your hearing!



4 Impacts of Untreated Hearing Loss

- **Loss of Independence**

- Decreased ability to participate in important life-making discussions
- Loss of identifying environmental sounds

- **Mental Health**

- Withdrawal
- Depression
- Feeling of not fitting in

- **Financial Hardship**

- Increased Health Costs
- Costs of hearing aids and assistive devices
- Increased unemployment
- Time off from work

- **Health Implications**

- Increased risk of dementia
- Increased risk of falling
- Cognitive impacts

**Know the signs,
seek solutions,
live well.**



SILENCE AFTER SERVICE?

US military personnel with combat experience are 63% more likely to have hearing loss.



GET SCREENED & PROTECT YOUR HEARING!

Is It Time For a Hearing Exam?



If you noticed or have been told that you missed some sounds, then it is time for a Hearing Exam! Talk to your primary care practitioner.

Are you having trouble hearing the **following**:

- Television
- Telephone
- Certain family members or friends
- Water dripping
- Rustling leaves
- Birds chirping
- Whispering

Hearing Loss Resources

- For additional information & services regarding hearing loss, contact your local [DSDHH regional center](#)
- HLAA Information and resources related to hearing loss prevention www.hearingloss.org/hearing-help/hearing-loss-basics/prevention
- Too Loud! For Too Long! Center for Disease Control and Prevention: www.cdc.gov/vitalsigns/hearingloss/index.html
- It's A Noisy Planet, National Institute on Deafness and other Communication Disorders, National Institutes of Health, U.S. Department of Health & Human Services www.noisyplanet.nidcd.nih.gov

